

# Why do people always feel miserable and how to 'reduce' suffering?

Why does the human mind always feel tired? Simply because we are still hesitant between embracing things that have happened or letting go of them to continue living with the present.

Why does the human mind always feel tired? Simply because we are still hesitant between embracing things that have happened or letting go of them to continue living with the present.

Life always has something worth remembering but there are countless things you need to forget in time to not miss the happy moments of life. However, not everyone has the courage to let go. Therefore, many people always feel "miserable", even more miserable than others.

This article will provide you with interesting information on how to identify your problem and how to remove it.

## 4 reasons why you always feel miserable?

### 1. Memory "too good" should always feel depressed

Are you sure you always forget what you should forget and remember things to remember? Reality is the opposite. We often remember things that should have been forgotten and unknowingly, ignoring many things to remember.



Why can carefree people make people around admire? Because they simply never suffer from unhappy things, ridicule of people. They ignore all grievances in life, they let bad things go and keep only the good things of the world. They live in a fun-filled space created by themselves and ready to welcome anyone who wishes to enter that small world.

You don't have to be an "insensitive" person to live happily. As long as you remember what you need to remember and learn to let go of the unpleasant things that happened, you can calm down before the ups and downs of life. No one confirmed that the positive effect will be available after a few days but if working hard for a few months or a few years, the results will be clear.

- 1. Simple happiness, just learn how to forget and forgive**

- 2. Too much desire should always feel miserable**

Smart people always know that they lack a lot of things and that effort will be a lever to help them fill their gaps. However, they also understand that the way to achieve these things is never flat but on the contrary, there are many unpredictable obstacles. So, smart people never perfect.

Because we hope so much, people often feel miserable. Because when compared to this person, there is a lack of this; compared to the other, lacking the other and looking everywhere is lacking. Life is not a race for us to compete against each other to see who owns the most assets, the most concerned, loved the most, has the most relationships? Do not make yourself tired of who knows on that track, sometimes, you will lose everything.

When you find yourself suffering, look around to know that more people are in need. Heaven and earth have a lot of strange things, there are so many fascinating things, enchanting people, how can you not move, hard to not desire, hard to stop illusion? Therefore, it is best to "know enough" to control.

- 1. You have 15 valuable "assets" that millions of others don't have**

- 3. It's too much to count, so it's really hard to be happy**

Are you tired of going to the office every day to think about how to impress your boss, how to "knock out" your colleagues and climb up to that position, how to eliminate those who do you dislike, how to satisfy the material desire and desire?



Are you tired of comparing yourself to others? Seeing them happy, you think they rely on some "power" to get that? Seeing them happy, successful, you feel pressured and think that you are inferior? If you have achieved it, you are satisfied but if you happen to have an event, do you torment yourself to despair?

Don't rush to judge when you're not sure. Do not think too much because you will set a trap for yourself. Sometimes imperfection is what makes fun, not perfectionism.

#### **1. 10 things that many people 10 years later will regret**

#### **4. Think too much so always feel tired**

Work, family, friends, self, career, finance, health . there's everything in the world that makes people can't help thinking. However, the secret to happiness here is to not let those things make you feel tired. If life is peaceful, then it is no longer a "life".

The best understanding of yourself is only for yourself. Life cannot always be smooth and happy, it is also happy to live through a day, depression is also to live through a day, so why not let yourself be happy every day?

Happiness is like a pyramid, there are many floors, the higher the level of happiness, the less happiness you will have, the harder it is to achieve happiness. The more downstairs, the easier it is to "touch" more.

### **3 ways to "reduce" suffering?**

#### **1. Choose the right lifestyle**

If you choose inappropriate lifestyle, beyond your control, you will always feel tired and stressed. For example, with little income but spending a lot, shopping a lot, racing for a lot . even if you make a lot of money, you can't feel enough.



If you can really let go of the weight on your physical needs, you will find this life easier and more convenient for you.

**1. 15 invaluable lessons are drawn from the experience of the ancients**

**2. Be aware of responsibility and mastery of life**

Many people who encounter difficulties are more likely to complain, or blame someone. Instead, face and be responsible for each word, behavior, and gestures. If you don't change your way of thinking, life will always be heavy, unnecessary calculations and worries.

**3. Pay more attention to "mental" health**

Healthy living not only physically but also mentally. If we know how to respect the body, then we will not have to worry about illness, life will be easier and have a good night's sleep. From now on, you can begin to eliminate bad habits, drink plenty of water, eat lots of vegetables, exercise and regularly apply meditation or yoga exercises to relax your mind. In addition to these activities, take the time to pay more attention to those around you by arranging time for dinner, chatting with your family, meeting friends . Doing so, surely Your life will be "less" much more miserable.

You finished reading the article "**Why do people always feel miserable and how to 'reduce' suffering?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.